Good News for Homemakers

All about ground beef

By SHIRLEY W. WALTON
Extension Agent
Different Ground Beef Labels Still Mean Hamburger

Ground beef is a common meat product in our supermarkets and understanding the many different labels doesn't have to be a difficult consumer problem. Ground beef may be labeled differently, depending upon the supermarket.

Regular, lean and extra lean refers to the fat content in the ground beef. Ground chuck, ground round and ground sirloin refer to the cuts of meat that have been ground.

The United States Department of Agriculture (USDA) has standards for these names but these standards apply only when the meat is ground and packaged in federally inspected or state inspected plants. Supermarkets which grind or package beef themselves sometimes label ground beef packages according to their own preferences.

Ground beef or hamburger may be from graded or ungraded meat, but because of the grinding process grade has little influence on the final product. USDA recommends buying ground beef by price rather than by quality grade.

Fat content in most stores is labeled regular if no more than 30 percent fat, lean if about 23 percent fat, and extra lean if about 15 percent fat. USDA sets a limit of 30 percent fat by weight for products ground in federally or state inspected plants. 30 percent is equivalent to regular ground beef in most supermarkets.

However, most ground beef is ground in local supermarkets to maintain freshness and is not subject to the federal fat content regulations.

How should you handle ground beef at home? Ground beef should be refrigerated or frozen immediately after purchase. If it will be used within a day or two, it can be stored in the coldest part of the refrigerator or the meat keeper. For freezer storage, wrap tightly in moisture resistant material like aluminum foil, freezer paper or a plastic freezer bag. Frozen ground beef can be stored up to three months with little loss of quality. Date the packages that you place in your freezer so you may keep track of the freezer storage time.

Watch your supermarkets for good buys on ground beef. That is a good time to buy a supply. If you are preparing freezer packages for a family of one or two, you may wish to break the package and the meat into patties or smaller portions so that you will not have to thaw too large a quantity.

An excellent tip if you like hamburger patties is to make your patties, place on a cookie sheet using layers of waxed paper between the patties, freeze them and then remove from the cookie sheet and place into a plastic freezer bag. Then you can pull out the number of patties you need without them sticking together.

If you have a homemaking question or problem, you may call 352-8244 or you may write P. O. Box 488, Appomattox, VA 24522.

Have a good day and a good week!

RECIPE OF THE WEEK
Whole Wheat Rolls

1 yeast cake
1/2 cup lukewarm water
2/3 cup margarine
13 cup honey
1 teaspoon salt
1 cup scalded milk
2 well beaten eggs
2 cups whole wheat flour
4 cups unbleached or all purpose flour

Dissolve yeast in water. Scald milk, add margarine, honey salt. when milk mixture is cold, add eggs and yeast. Add enough flour to made a stiff dough, knead for 20 minutes. Put in a greased bowl, turning so greased side is up. Let rise in a warm place, 1 hour. Roll out and cut for 2" rolls. Put in a buttered pan, let rise for approximately 1 - 1/2 hours. Bake at 400 degrees for 10-15 minutes.

Yield: approximately 65 rolls.

Many thanks to Jennifer Midgett for sharing this delicious recipe with us.

Con$umer ene Note$

By OCIE M. MACK

More people are finding they have less money to spend on clothes. Shopping for used or recycled clothing can add to the wardrode without upsetting the family budget.

Used clothing can usually be found at garage sales, rummage sales and second-hand clothing shops, and it often represents a real bargain.

Shopping these places, rather than a discount store that might carry seconds or damaged items, could give the consumer better quality for less money.

The best bargains are the basics, such as jackets, skirts and shirtwaist dresses, that will be stylish five years from now as they were five years ago. Avoid trendy fashions that may cost less today but be out of fashion tomorrow.

After deciding what items would most enhance the wardrobe, jot down all body measurements so they can be compared with items that are appealing. Sometimes it isn't possible to try on used clothing, so accurate measurements are a necessity.

If the chosen items fit, examine them carefully for quality and signs of excessive wear. Check to make sure seams are straight and strong, and that zippers work easily. Watch for collars, cuffs, elbows and hems that are frayed on used clothing, and check to see whether colors have faded.

Try to figure out why the previous owner got rid of a particular peice of clothing. Check closely for spots or grease stains. It may be that someone has already tried to remove the spot and it won't come out. However, it's possible to cover such a spot with a pocket, or another detail, without detracting from the overall look of the garment.

Consider any work that may be needed to bring the used item up to your personal standards. If it will need alteration, or a new zipper, it may not be a good buy after all. Never buy anything that is going to need more time or skill than you have to give.

Some simple changes that may be worth the time are tapering bell-bottom slacks for the straight-leg look, or shortening long skirts to a new fashion length. However, it's difficult to lengthen skirts. Always check the hem for a worn spot that may be exposed when the skirt is lengthened. The old hem can also leave a tell-tale line when the hem is lowered.

Children's clothes are probably the best bargains when shopping for used clothing.

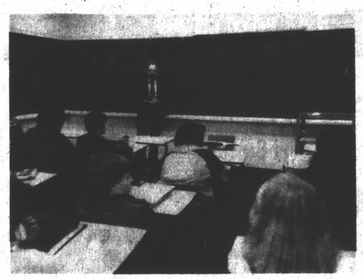
PUBLIC NOTICE

As required by the Constitution and the Code of Virginia, Appomattox County has purged its voter registration records of all persons who have failed to vote in at least one election during the last four consecutive calendar years. Accordingly, the persons named on this list have been removed from such records.

Each of these persons so named has the right to appeal the deletion of his name from the voter registration roster if, in fact, he can prove he has voted in any election within the last four years. Such evidence may be presented in the Office of the General Registrar not later than ten days from the date of this notice on any Tuesday or Thursday between the hours of 9 a.m. to 5 p.m. or any person may apply for registration to vote by appearing in person at this office.

Betty K. Ford, General Registrar,
Appomattox County
125 Court St., Appomattox, Virginia 24522

William Weart Artiglia
Viola Barbour Austin
Frances Gayle Baldwin
Elizabeth Willis Bates
Alice Woody Bayes
Michael Lowell Belter
Joletta Elaine Booker
Luther Washington Booker
Marilyn Lee Booker
Ann Brinkley Boyce
James Jerry Boyce
Pamela Louise Bryant
Marilyn Ruby Buckner
Mark Alan Burmeister
Barbara Patsy Burrell
Frank D. Cawthorne
Rachel P. Cawthorne
Thomas Harold Chambers
Frances Miles Cheatham
Betty Brown Childs
Edgar Henry Chilton
Ramona Dawn Clemmer
Beverly R. Coleman
Deborah Tomlin Conner
Bettye Baxter Crabtree
Aileen Doss
Lougenia Patterson Doss
Nellie Ethel Eller
Eleanor Patricia Farrar
Ronald William Lewis
Theo Boswell Lewis
Mary Ellen Lucado
John Thomas Lyle
Karen Lamoin Lyles
Joseph Winfred Marshall, Jr.
L. C. Marshall
Harold Martin
Inez Blazer Martin
Joel David Martin
Robert Harris Martin
Phyllis Almond McCormick
Valetta Sylvesta McCoy
Carol Ann McFaden
Effie C. Moon
Thomas Kinckle Moore
Cynthia Nan Morris
Harry Edward Moses
Walter Norcross
Hilda Kay Paulette
Richard L. Pulliam
Piney Ragland
Harry Wurston Ranson
Marsha Ray Bagby Reid
Jacqueline Clay Robinson
Bobbie Allen Seay
Anna Nelson Smith
J. Wittperin Smith
John Allen Smith, Jr.
Henry McStanley, Sr.
Howard S. Stanley
Jan Harriet Stanley
Mary A. Staples
Dona Harwedia Steppe
Barbara H. Stratton
Lelia M. Sweeney
Pauline Wharton Thomas
Tressie Ferguson
Irene H. Franklin
Virginia Lee Franklin
Danny Arthur Garrett
Sue Corbett Garrett
Carrie P. Gilbert
L. E. Giles, Jr.
Dorothy Gobble
Amma Freeman Godsey
Virginia Dillard Goode
Leslie B. Goodrich
Nancy Hughes Grishaw
Virginia S. Hall
Alma Spiggle Harris
Annie Harvey Goodrich
Lonzy Haskins
Mary Jane Hoffman
William Allen Hunter, Jr.
Emmett W. Jamerson
Robert Joseph Jendzurski
Mary Elizabeth Jenkins
Larry Lee Jones
Queenie Jones
Donald Dene Canipe
Joseph Raymond Lawson
James Larry Ledford
Jenny Kidd Ledford
James Newton Lee
Carolyn W. Lewis
Carolyn Nash Thompson
Nell Cawthorne Thrasher
Cecil Bryant Tillery, Jr.
Bill NMN Tolbert
Emmitt Elwood Tolbert
Joseph Scott Tolbert
William Anderson Tolbert
Harold Thomas Vassar
Lewis Watkins
Donna Joyce Webb
George Monroe Webb
Claude Newton West
Thelma Jane Baldwin West
Thomas Arvel West
Ricky Lynn Woods
Gladys B. Woodson
Pamela Sue Worley
Myrtle Holland Booker
Ruth Hipps Arrington
Vivian Lorraine Bryant
Joan Wright Chenault
Jannette Daniel Christian
Michael Andrew Covington
Mary Ann Culley
Jonathan Ferguson
Amy Diane Glenn
Sherry Ogden Goin
Lonnie Evan Hix
Betty Wright Hudson
Doris-Mae Hughes
James Wesley Hunter
Michael Kent Jamerson
Linda Kaye Kidd
Martha Ellen Maxwell
Michael Dean Shorter
Beverly Christine Tweed



MR. ROLAND MURPHY, director of Juvenile & Domestic Relations Court recently visited the 8th grade special interest groups at AMS. The students are working on a simulated court hearing. The students will assume the roles of defendent, attorney, probation officer, bailiff, parents, and witnesses in a shoplifting case. Mr. Murphy discussed the hearing procedure, the history of the Juvenile Court system, special rights of accused juveniles and how the Juvenile Court system differs from the General District Court or the Circuit Court systems.

AA meets every month

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Each Tuesday night at 8 p.m. both the AA and Al-Anon groups meet at St. Anne's Church on Oakleigh Ave. in Appomattox. Any one having a problem with alcohol is welcome to come and learn how recovering alcoholics received help through this program. Al-Anon invites anyone who has a spouse, parent, or other loved one suffering with alcoholism to join its fellowship. Alcoholism is now recognized as a disease and this program has a proven record of success.

On the first Tuesday night of each month, there is an "open meeting" and any interested persons are invited to attend.

Those who have received help through this fellowship have a beautiful motto; "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."

Farm Bureau holds meeting

The Appomattox Farm Bureau held their monthly meeting Jan. 24 at the Farmers National Bank.

In order of business plans were completed to send two couples to attend the Young Farmers Conference in Lynchburg at the Hilton on Jan. 29 and 30.

Also a winter leadership conference is being held Feb. 15-16 at Williamsburg, which two representatives from our county will be attending.

An annual Blue Cross/Blue Shield training workshop is scheduled for Feb. 9-10 at the Blue Cross/Blue Shield office in Richmond. Our county secretary will be attending this conference.

Other business included sending a $50.00 donation to the Alleghany County Farm Bureau as support to them in the Jackson River suit.

Margaret Glover, Farm Bureau Womens Chairman attended the Farm Bureau Womens State Committee meeting Thursday, Jan. 21 in Richmond. On Feb. 27 she will be attending a multiple state meeting in Louisville, Kentucky.

The Director's dinner meeting with their spouses will be held at John Mosby Restaurant Feb. 21st.

Johnson arrives

Army Pvt. Chris M. Johnson, son of Cornelia M. Fitch of Route 1, Spout Spring, Va., and Dale U. Johnson of 13 W. Blair Place, Madison Heights, Va., has arrived for duty at Fort Richardson, Alaska.

Johnson a construction equipment operator with the 172nd Infantry Brigade, was previously assigned at Fort Leonard Wood, Mo.

He is a 1982 graduate of Amherst County High School, Va.

AARP meeting set

The regular monthly meeting of the American Association of Retired Persons will be held at the Pamplin Charge, Untied Methodist Church at 12 noon on Feb. 15.

After enjoying a pot luck luncheon, members will hear Mr. Sam Waddell give a talk on taxes. This will be a chance for all to have any questions answered.

We are now having a membership drive so make it a point to be present and find out what you have been missing.

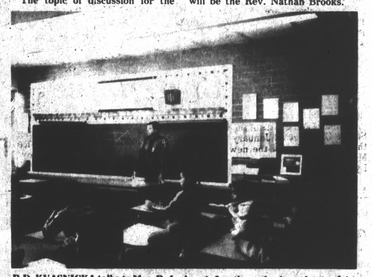
The A.A.R.P. has enjoyed some excellent programs in the past and will continue to do so in the future, so be one of the group.

Christian Singles to meet

The Area Christian Singles will meet Feb. 10 at 7:30 p.m. at Hyland Heights Baptist Church, Route 29, South, in Lynchburg.

The topic of discussion for the meeting will be "Learning to Love and Learning to Love Again."

Guest speaker for the meeting will be the Rev. Nathan Brooks.



P.D. KVASNICKA talks to Mrs. P. Jackson's fourth-grade class about safety.

Safety Taught

Students in Mrs. P. Jackson's fourth-grade class were inspired and enlightened about safety in a presentation given by Mr. P.D. Kvasnicka of the Virginia State Police on Jan. 31.

Mr. Kvasnicka informed the students on safety on the playground, street, bicycle, bus, and in the car.

The students have studied safety rules, ways of preventing accidents, and rules to follow at home, school and on streets.

Safety is of the utmost importance for everyone, because certain accidents may occur when safety rules are not followed.

The presentation given by Mr. Kvasnicka was very informative.

4-H News

4-H Achievers

The 4-H Achievers Club met Monday, January 10, 1983 at the Extension Office. President Rhonda Ranson called the meeting to order. Kim Fuller led the Pledge to the American Flag and Susan Carnefix led the 4-H Pledge. Danny Williams and Rick Pack gave a program on their 4-H interest -- Bike Safety. The boys demonstrated using Danny's new bicycle.

Mrs. Walton made announcements about judging teams, strawberries and Public Speaking. The meeting was adjourned and hot chocolate was served.

Robert Coleman
Reporter

Whirlpool

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Raiders win 2 more contests

The Raider varsity basketball team won a tough 63-58 overtime decision against Altavista Tuesday, then picked up their ninth district win of the season, 58-49 against Brookville Friday night.

Altavista took a 19-12 first-quarter lead against the Raiders in Tuesday's game, but the Appomattox squad chipped away at that lead in the second quarter, and the score stood at 33-28, Altavista, at the end of the first half.

The teams played even in the third quarter, with each squad tallying 16 points. In the fourth quarter, the Raiders began to creep up on Altavista, and Ricky Miller's basket with 12 seconds to play tied the game for the Raiders in regulation time.

The Raiders outscored Altavista, 10-5, with the help of five-for-six freethrow shooting by Rick Caldwell and Appomattox walked away with the victory, 63-58.

Rick Caldwell was the leading scorer for the Raiders, with 20 points. Gary Ferguson and Ricky Miller also scored in double figures for Appomatox, with 14 and 10 points respectively. Others scoring for the Raiders were Jeff Miller (nine points), Derwin Harvey (six points) and Bobby Carter, (four points).

Four Altavista players scored in double figures against Appomattox. They were Heath Clark (16 points), Frankie Poindexter (11 points) and Frankie West and Dwayne Poindexter with 10 points each.

The Raiders scored 32 field goals and went 17 for 34 from the freethrow line against Altavista.

Friday's game against Brookville was a less difficult contest for the Raiders, who built a 10-7 lead in the first quarter and amassed a 25-18 lead by halftime.

With liberal substitutions in the second half, the Raiders retained their lead in the third quarter and extended that lead to 58-49 by the game's end.

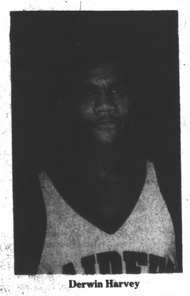
Ricky Miller was high scorer for the Raiders, with 11 points during the game. Jeff Miller also scored in double figures for Appoomattox and Mike Jackson scored 10 points off the bench for the Raiders. Others scoring included Rick Caldwell (nine points), Gary Ferguson (eight points) and Bobby Carter (five points), Derwin Harvey (four points), and Todd Scruggs (one point.)

Harry Scott was high scorer for the game and for the Bees, with 19 points on the night.

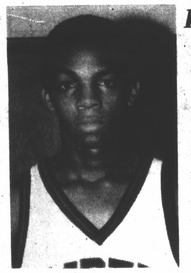
The Raiders scored 25 times from the floor, and hit eight of 19 field goals against Brookville. Brookville scored 20 field goals and hit nine of 14 freethrows against the Raiders.

The Raiders were scheduled to play Liberty at home Tuesday after the Times-Virginian deadline. Friday night, the team will travel to Buckingham, and next Tuesday, the Raiders will end their regular season at home against Rustburg.

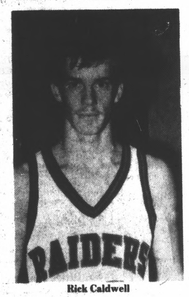
The Seminole District basketball tournament is scheduled for Feb. 22 through Feb. 26 at Rustburg High School. Tournament details will be featured in next week's Times-Virginian.



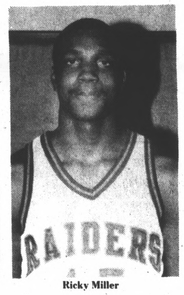
Derwin Harvey



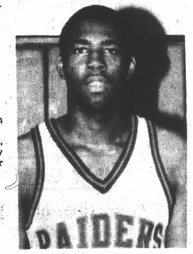
Mike Jackson



Rick Caldwell



Ricky Miller



Jeff Miller

Ski special offered

Wintergreen is offering special discount ski tickets to be used from March 7 through March 20.

The tickets are $14.00 per program. This special is to help promote the Life. Be In It. theme which is to get people involved in Life.

For more information and tickets, contact the Campbell County Recreation Department or your local Recreation Department.

Saddle Club meets

Members and guests of the Equus Saddle Club met on January 31, for the first meeting of the new year. Ms. Elizabeth Bischoff of Route 3, Lynchburg, was the presiding officer. Other officers for the coming year include: Eugene T. Bryce, vice president; Ms. Sandy Worley, secretary; Ms. Elaine Guill, treasurer; Ricky Garrison and Ms. Sandy Carwile, members-at-large.

Guest speaker for the evening was Ms. Becky Vail of Amherst who is a horse breeder and trainer and an avid supporter of 4-H horse and training programs in her own and adjacent 4-H districts. Her topic was Winter Horse Care; she also discussed the conditioning of horse and rider for the upcoming spring programs of individual preference.

The Equus Saddle Club meets the last Monday of each month at the Farmers National Bank, Triangle Plaza Shopping Center. Visitors are invited to attend.

L.L. football meeting set

There will be a very important meeting concerning the Little League Football Program in Appomattox County on Tuesday, Feb. 15 at the Town Office at 7:30 p.m.

All persons interested in the Little League Football Program are urged to attend.

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In Volleyball

Girls win again

The Raiderette volleyball team increased their record to 3 - 0 with a win over Nelson County Thursday night 15-2, 15-11, 15-1.

Ruby Smith led all scorers with 13 points. Kim Shupe added 10 points followed by Suzan Eye with 8. Patty Roach chipped in 6 points. Janice Campbell and Diann Harvey both contributed 3 points, while Kim Hancock had 2 scoring serves.

Ruby Smith led the spikers with 14 followed by Suzan Eye with 8. Kim Hancock and Kim Shupe both added 7 spikes.

Patty Roach had 20 sets and Janice Campbell had 12 to make possible the spikes.

Donna Hamilton led Nelson servers with 6.

The Raiderettes traveled to Liberty Tuesday to make up Monday's game, which was postponed due to weather. Thursday they host Altavista. Both games begin at 7:00.

Appomattox gridders

Ferguson, Miller set to play for U.Va

Appomattox County High School seniors Kevin Ferguson and Jeff Miller announced early this week that they would sign letters of intent to play football at the University of Virginia.

The athletes, who were stars on the 1982 Seminole District champion Raider football team, were scheduled to sign on Wednesday (Feb. 9) after the Times-Virginian deadline. Wednesday was college football's national signing day.

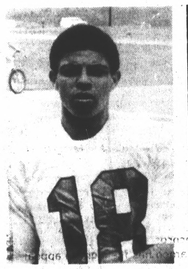
Ferguson, six-foot-two and 195 pounds, was considered one of the best high school quarterbacks in Virginia during the 1982 season.

His season's statistics, which included 88 completed passes for more than 1,400 yards, made him a popular target among major college recruiters in recent weeks. He was named to the All State, All Region and All District teams this year.

Miller, who anchored one end of the tough Raider defensive line this season, is six-feet-four and weighs 218 pounds.

He made 52 tackles, and had 56 assists for the Raiders this year. Miller runs a 4.9-second 40-yard sprint.

Miller was named to the first team All District and All Region squads this season.



Kevin Ferguson

Jeff Miller

Five hoopsters honored

Five players were cited by the Raider varsity basketball coaching staff for their performances in last week's games against Altavista and Brookville.

Rick Caldwell (20 points), Jeff Miller (nine points, 14 rebounds) and Derwin Harvey (six points from off the bench) were named Outstanding Players for their performances in Tuesday night's game against Altavista.

Richy Miller (11 points) and Mike Jackson (10 points from off the bench) were named the Outstanding Players for Friday night's game against Brookville.

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